

Nutrition Makes A Difference

- Serve three meals and two or three healthy snacks every day.
 - -Less lead is absorbed when a child's stomach is full.
- Use cold tap water for drinking and cooking.
 - Cold tap water can contain less lead than hot water.
 - -Let tap water run for two minutes before using.
 - -Prepare infant formula with cold water.

Serve Foods High in Iron, Vitamin C and Calcium

Foods High in Vitamin C

Serve with Every Meal

Fruits: Oranges, Orange Juice, Grapefruit, Grapefruit Juice, Vitamin C-fortified Juices, Strawberries, Kiwi Fruit, Cantaloupe Vegetables: Tomatoes, Tomato Juice, Green Pepper, Collards, Turnip Greens, Brussels Sprouts, Cabbage, Broccoli, Cauliflower

You Can Prevent Lead Poisoning in Young Children.

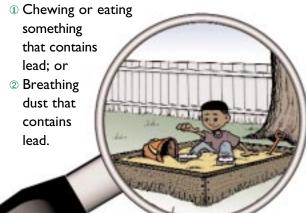
Lead poisoning can be fatal. Do all you can to protect your child.

What are the sources of lead?

- Lead-based Paint
- Dust and Soil
- Some Vinyl Miniblinds
- Some Glazed Pottery
- Car Batteries
- Lead Fishing Weights
- Cosmetics such as Surma or Kohl
- Material for Refinishing Furniture
- Stained Glass Solder
- Water Pipes with Lead Solder
- Lead Ammunition for Hunting
- Traditional Medicines such as Greta, Azarcon and Pay-loo-ah

How does lead get into my child's body?

Lead can enter the body in two ways:



Foods High in Iron

○ 3 to 4 Servings a Day

<u>Grains:</u> Iron-fortified Cereals, Whole Grain and Enriched Bread

Nuts and Legumes: Nuts, Peanut Butter, Dried Beans, Peas, Baked Beans and Refried Beans

Meat, Poultry and Fish: Beef, Pork, Veal, Deer, Poultry, Eggs, Canned Tuna, Canned Sardines, Clams, Oysters, Shrimp, Kidney, Heart, Gizzards and Liver Fruit and Vegetables: Dried Peaches, Apricots, Pears, Spinach, Raisins, Prunes, Prune Juice, Lima Beans, Sweet Potato, Peas and Skin from Baked Potato

Foods High in Calcium

O 3 to 4 Servings a Day

Dairy: Milk, Yogurt, Cheese,
Frozen Yogurt, Ice Cream

Foods made with Milk: Puddings,
Cream Soups, Pancakes, Oatmeal
Green leafy vegetables: Collards,
Spinach, Broccoli

Other: Canned Salmon with soft bones

South Carolina... Lead-Safe for Life.



Brought to you by Women and Children's Services

CR#003189 MAC 10/00



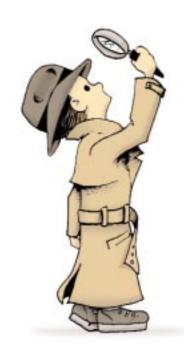
What can I do to prevent lead poisoning?

- Wash hands and faces often, especially before eating and after playing.
 - Keep fingernails clean and trimmed.
- O Reduce lead sources in your home.
 - Clean up paint chips and dust.
 - Look for "Lead Safe" or "No Lead Added" labels before buying vinyl miniblinds.
 - Don't vacuum paint chips or dust. Wet wipe or wet mop dusty windows and floors.

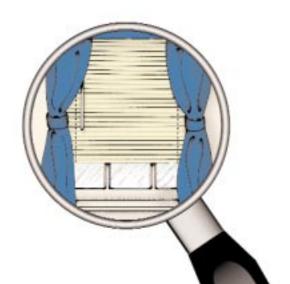
Keep playtime safe.

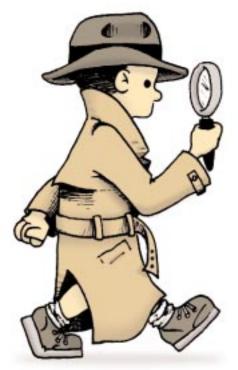
- Play in grass-covered areas or a clean sandbox.
- Wash toys and stuffed animals often.
- Don't let your child eat dirt or paint chips.
- Don't let your child put toys or small objects in his or her mouth.
- Don't let your child play with batteries or items used in hobbies such as stained glass or furniture refinishing.





- Keep baby's bottle and pacifier nipples clean.
 - Wash the nipple whenever the bottle or pacifier falls onto the floor.
- O Store food in lead-free containers.
 - Glass and plastic are safe containers for food storage.
 - Do not store food in open cans or ceramic dishes.
 - •Do not store liquids in lead crystal.
- Offer your child a healthy diet.
 - Serve foods high in iron, calcium, and vitamin C.
 - Serve three meals and two or three healthy snacks daily.
- Make an appointment with your doctor or local health department.
- Have your child tested for lead poisoning before age 2.





Prevent LEGE Poisoning in Young Children



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How does lead get into my child's body?

Lead can enter the body in two ways:

- ① Chewing or eating something that contains lead; or
- 2 Breathing in dust that contains lead.